

Manon's Off-The-Menu Lobster Roll With Uni And Caviar

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/sea-urchin-indian-food-recipe>

Ingredients:

- 2 1/2 pounds lobsters Maine
- 4 sea urchin tongues west coast or Japanese
- 1 ounce caviar jar American, or caviar of your choice
- 1 teaspoon chive chopped
- 1/2 teaspoon tarragon chopped
- 1/2 teaspoon dill chopped
- 1 lemon
- Old Bay Seasoning to taste
- 1 stick butter
- 2 potato rolls or buns of your choice
- fennel frond to garnish, optional

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 370 milligrams
4. Fat: 28 grams
5. Fiber: 4 grams
6. Protein: 58 grams
7. SaturatedFat: 15 grams
8. Sodium: 1210 milligrams
9. Sugar: 2 grams

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